

ONE INGREDIENT
BANANA
ice cream

With high levels fiber and potassium, bananas are great at helping to manage blood pressure and because of the high pectin content, it can be whipped into the perfect ice cream!

Instructions: Chop up a ripe banana and freeze in an airtight container. Place frozen banana pieces into a food processor and pulse until banana reaches a soft serve ice cream consistency. Eat immediately or freeze in an airtight container for later.

Pro Tip: Mix in a spoonful of peanut butter or a sprinkle of cinnamon if extra flavor is desired!

